

TOFU & SPINACH KEBAB



Ingredients :

3 Servings (6 pcs)

- Tofu 100g
- Spinach 50g
- Flaxseed(powder) 15g
- Roasted gram flour 30 g
- Oil 5ml

Recipe :

- Plug and rinse spinach well in a large pot. Drain extra water.
- Dry roast gram flour. Add flax seeds, chopped spinach and tofu to it.
- Add spices to it accordingly.
- Make a non-sticky dough.
- Divide the dough in 6 equal parts, flatten them to make patties.
- Heat a pan and fry the kebab until golden and crisp.
- Serve the kebabs with green chutney.

MUFFIN



Ingredients :

3 Servings (3 pcs)

- Buckwheat(Kuttu Atta) 120g
- Eggs 2 no.
- Sugar 80g
- Butter 50 g
- Baking powder 5ml
- Pinch of salt

Recipe :

- Preheat oven.
- In a large bowl, beat 2 eggs for 1 min.
- Beat butter and sugar together.
- Sift the flour, add a pinch of salt and baking powder to it.
- Whisk flour, eggs and sugar batter together to make it smooth.
- Fill the muffin cases two third and bake for 25 – 30 minutes, until risen, firm to touch and a skewer inserted in the middle comes out clean.
- Leave the muffins in the tin to cool for a few minutes and then serve.

BANANA FRITTERS



Ingredients :

2 Servings (3 pcs)

- Besan flour 1/4 cup
- Rice flour 1/4 cup
- Ripe Banana 1
- Sugar 2-3 tbsp
- Milk 1/2 cup
- Pinch of ground cardamom powder
- Pinch of salt
- Oil For deep frying

Recipe :

- Take a bowl, add besan flour, rice flour, sugar and cardamom powder to it. Add milk to make it a smooth batter.
- Cut the banana into 6 pieces.
- Dip the banana pieces in batter, and deep fry in hot oil.
- Serve hot.

BUCKWHEAT PANCAKE



Ingredients :

3 Servings (6 pcs)

- Buckwheat flour (Kuttu atta) 150 g
- Jaggery 20g
- Eggs 1
- Pinch of cinnamon powder
- Pinch of salt
- Pinch of baking powder
- Vanilla extract few drops

Recipe :

- In a medium bowl, mix flour, cinnamon powder, baking powder and salt.
- Beat egg and vanilla extract .
- Add it to the bowl and make a smooth batter.
- Heat saucepan and ladle 1 Tbsp of batter, flip pancake and cook for 1-2 mins on both sides.
- Serve warm pancakes with maple syrup/ honey.